

# YEAST - Yeast Infection

## YEAST-C      COMPLICATIONS

**OUTCOME:** The patient/family will understand the common and important complications of yeast infections.

**STANDARDS:**

1. Explain that yeast infections can, but rarely invade the bloodstream, kidneys, lungs, brain or other organs. These infections can have serious consequences, including death.
2. Explain that these complications usually only occur in people who are already seriously ill or have other health problems that weaken the immune system.

## YEAST-CUL      CULTURAL/SPIRITUAL ASPECTS OF HEALTH

**OUTCOME:** The patient/family will understand the impact and influences cultural and spiritual traditions, practices, and beliefs have on health and wellness.

**STANDARDS:**

1. Discuss the potential role of cultural/spiritual traditions, practices and beliefs in achieving and maintaining health and wellness. Refer to clergy services, traditional healers, or other culturally appropriate resources.
2. Explain that traditional medicines/treatments should be reviewed with the healthcare provider to determine if there are positive or detrimental interactions with prescribed treatment. Explain that the medical treatment plan must be followed as prescribed to be effective.

## YEAST-DP      DISEASE PROCESS

**OUTCOME:.** The patient/family will understand the possible causes and disease process for yeast infections.

**STANDARDS:**

1. Explain that a yeast infection is caused by candida (a fungus). Usually this infection occurs in the mouth (oral thrush), vagina (moniliasis), skin (candidal dermatitis) or gastrointestinal tract when the fungal growth exceeds the body's ability to control it.
2. Explain predisposing factors to yeast infections as appropriate:
  - a. Physiological stress
  - b. Emotional stress

- c. Treatment with antibiotics that kill bacteria that otherwise control fungal growth
  - d. Moisture retention on the skin, e.g., people who frequently have their hands in water, children who suck a thumb, babies who stay in wet diapers, skin folds of the obese
  - e. Diabetes that is uncontrolled
3. Explain that, usually, a provider can diagnose a yeast infection by visual inspection. However, sometimes a sample must be taken and tests are necessary for an accurate diagnosis.

## **YEAST-FU FOLLOW-UP**

**OUTCOME:** The patient/family will understand the importance of follow-up in the treatment of a yeast infection.

### **STANDARDS:**

1. Discuss the importance of follow-up care.
2. Discuss the procedure for obtaining follow-up appointments and that follow-up appointments should be kept.
3. Emphasize that full participation of the treatment plan is the responsibility of the patient/family.
4. Discuss signs/symptoms that should prompt immediate follow-up.
5. Discuss the availability of community resources and support services and refer as appropriate.

## **YEAST-HPDP HEALTH PROMOTION, DISEASE PREVENTION**

**OUTCOME:** The patient will understand the lifestyle changes necessary to promote healthy living.

### **STANDARDS:**

1. Explain that health and wellness refers to whole person (mind, body, and spirit) and is a positive state which results from healthy choices.
2. Explain healthy lifestyle choices (e.g., spirituality, social connections, exercise, nutrition) and avoidance of high risk behaviors (e.g., smoking, alcohol and substance abuse, sex with multiple partners). Discuss the benefits of a healthy lifestyle.
3. Discuss wellness as an individual responsibility to:
  - a. Learn how to be healthy.
  - b. Be willing to change.
  - c. Set small, realistic, sustainable goals.

- d. Practice new knowledge.
- e. Get help when necessary.
4. Review the community resources available for help in achieving behavior changes.

#### **YEAST-HY      HYGIENE**

**OUTCOME:** The patient/family will understand personal routine hygiene as it relates to yeast infections.

**STANDARDS:**

1. Review the importance of bathing, paying special attention to face, pubic hair area, skin folds, diaper areas, and feet. Discuss hygiene as part of a positive self image.
2. Review the importance of daily dental hygiene (thrush), with attention to brushing and flossing.
3. Review the risks of exposing immunocompromised and high-risk persons (infants and elderly) to communicable diseases.

#### **YEAST-L      LITERATURE**

**OUTCOME:** The patient/family will receive literature about yeast infections.

**STANDARDS:**

1. Provide patient/family with literature on yeast infections.
2. Discuss the content of the literature.

#### **YEAST-M      MEDICATIONS**

**OUTCOME:** The patient/family will understand the purpose, proper use, and expected outcomes of prescribed drug therapy.

**STANDARDS:**

1. Describe the name, strength, purpose, dosing directions, and storage of the medication.
2. Discuss the risks, benefits, and common or important side effects of the medication and follow up as appropriate.
3. Discuss any significant drug/drug, drug/food, and alcohol interactions, as appropriate.
4. Discuss the importance of full participation with the medication plan and that this is the patient's responsibility. Discuss any barriers to full participation.

5. Discuss the importance of keeping a list of all current prescriptions and over-the-counter medicines, vitamins, herbs, traditional remedies, and supplements. Encourage the patient to bring this list and pill bottles to appointments for medication reconciliation.

## **YEAST-P          PREVENTION**

**OUTCOME:** The patient/family will understand ways to prevent yeast infections.

### **STANDARDS:**

1. Explain that keeping skin clean and dry is a major deterrent to the growth of yeast on the skin.
2. Explain that control of blood glucose for diabetics helps prevent yeast infections, as appropriate.
3. Discuss the use of live-culture yogurt or pro-biotics.
4. Discuss methods to prevent reinfection or transmission.

## **YEAST-TE          TESTS**

**OUTCOME:** The patient/family will understand the test(s) to be performed, the potential risks, expected benefits, and the risks of non-testing.

### **STANDARDS:**

1. Explain test(s) that have been ordered (explain as appropriate):
  - a. method of testing
  - b. necessity, benefits, and risks of test(s) to be performed
  - c. any potential risk of refusal of recommended test(s)
  - d. any advance preparation and instructions required for the test(s)
  - e. how the results will be used for future medical decision-making
  - f. how to obtain the results of the test
2. Explain test results:
  - a. meaning of the test results
  - b. follow-up tests may be ordered based on the results
  - c. how results will impact or effect the treatment plan
  - d. recommendations based on the test results

## **YEAST-TX          TREATMENT**

**OUTCOME:** The patient/family will understand the treatment plan.

**STANDARDS:**

1. Explain the risks and benefits of treatment as well as the possible consequences of not participating with the treatment plan.
2. Explain that compliance with the treatment plan is essential.
3. Explain that treatment of yeast infections varies according to the site, severity and organism causing the yeast infection. Treatment is usually topical but can be oral or IV.
4. Explain that treatment of yeast infection of the skin is always enhanced by keeping the area clean and dry. For infants with oral thrush, discuss that all bottle nipples and pacifiers should be washed in hot, soapy water. If the infant is breast-fed, the mother is likely to be treated as well.